Sources of Reliable and Accurate Nutrition Online Information

Governmental (U.S.)

- Centers for Disease Control and Prevention - http://www.cdc.gov/
- Food and Drug Administration - http://www.fda.gov/
- MyPlate - http://www.choosemyplate.gov/
- National Center for Complementary and Integrative Health - https://nccih.nih.gov/
- National Heart, Lung and Blood Institute's - website providing information related to heart, lung, and blood conditions and sleep disorders - http://www.nhlbi.nih.gov/health-topics/by-alpha/
- Nutrition.gov - Has links for information about life stages, supplements, etc. The Smart Nutrition 101 section has info about MyPlate (and Super Tracker), vegetarians, athletes, and a link for DRIs. - http://www.nutrition.gov/
- Super Tracker for food & activity analysis - https://www.supertracker.usda.gov/

Governmental (International)


Educational

- Linus Pauling Institute's Micronutrient Information Center - http://lpi.oregonstate.edu/mic

Nongovernmental
• The Academy of Nutrition and Dietetics - http://www.eatright.org/
• American Diabetes Association - http://www.diabetes.org/
• American Medical Association - http://www.ama-assn.org/
• American Society for Nutrition - http://www.nutrition.org/
• CSPI (Center for Science in the Public Interest) - http://www.cspinet.org/
• Cochrane Library of Systematic Reviews of Health Care Research - http://www.cochranelibrary.com/
• Dietitians of Canada - http://www.dietitians.ca/
• Harvard School of Public Health's The Nutrition Source - http://www.hsph.harvard.edu/nutritionsource/index.html
• Health News Review - http://www.healthnewsreview.org/
• Mayo Clinic's Diseases and Conditions Index - http://www.mayoclinic.com/health/DiseasesIndex/DiseasesIndex
• National Commission for Certifying Agencies (NCCA) accredits programs that certify individuals in a wide range of health professions and other occupations like automotive professionals. - http://www.credentialingexcellence.org/NCCA
• The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) - http://www.niddk.nih.gov/
• Rudd Center for Food Policy and Obesity - http://www.uconnruddcenter.org/
• The Yale-Griffin Prevention Research Center (directed by Dr. David Katz and it includes his recent articles, essays, op-eds and columns written for the New York Times Syndicate) - http://www.yalegriffinprc.org/

Blogs

• Mark Bittman - http://bittman.blogs.nytimes.com
• The Feeding Doctor (Katja Rowell, MD) - http://thefeedingdoctor.com/
• Marion Nestle (PhD, MPH, Professor- Department of Nutrition, Food Studies, and Public Health at New York University) - http://www.foodpolitics.com/
• NPR's The Salt - http://www.npr.org/sections/thesalt/
• Raise Healthy Eaters (Maryann Tomovich Jacobsen, MS, RD) - http://www.raisehealthyeaters.com
• Real Mom Nutrition (Sally Kuzemchak, RD, MS) - http://www.realmomnutrition.com
• Science of Mom: The Heart and Science of Parenting (Alice Callahan, PhD in nutritional biology) - http://scienceofmom.com/

Newsletters (besides ones at the other links given)
• Ellyn Satter's Family Meals Focus Newsletter - http://ellynsatterinstitute.org/fmf/familymealsfocus.php

Local
• Eugene Coalition for Better School Food - http://www.kidfoodmatters.com/
• FOOD for Lane County - http://www.foodforlanecounty.org/
• LCC Learning Garden Club - http://www.lanecc.edu/sustainability/learning-garden-club
• Prevention Lane - http://www.preventionlane.org/
• School Garden Project of Lane County - http://www.schoolgardenproject.org/
• Sustainable Cottage Grove - http://www.sustainablecottagegrove.org/
• UO's Healthy Campus Initiative - http://healthycampus.uoregon.edu/
• Willamette Farm and Food Coalition - http://www.lanefood.org/